

Of Interest to Every Woman

Edited by Martha Westover

A LINE O' CHEER EACH DAY O' TH' YEAR



A DEMURRER.

I had no power the gift'd gie me
To see myself as others see me,
For I am not what others see,
Since way down deep inside o' me
There lies a self none knows so well
As I myself!

A mixture 'tis of gay and sad,
With tendencies to good and bad;
A fount of courage and of fears;
A spring of joy, a well of tears;
The haunt of Age, the coin of Youth—
None knows so well as I the truth,
And what the others chance to see
Is but some outer phase of me.

So Mister Power tak the gift'd
Poor Hobby Burns hath dubbed so
nifty,
And unto others kindly gie it.
It may be good, but I don't see it.

MAKE THE MOST OF A BEEFSTEAK.

BY FRANCES MARSHALL.

Some persons insist that beefsteak is cheap, because it requires only a little heat to cook it and only a little time to prepare it. Moreover, it is appetizing, and so is relished and eaten eagerly. A heavy stew, on the other hand—say these exponents of cheap beefsteak—costs little to begin with, if it is made from a cheap cut of meat. But it costs much in the heat required for long cooking and much in the housewife's time and energy in preparing and cooking it. If it is properly cooked, it is, of course, appetizing. But it is easier to spoil a stew than a beefsteak in the cooking and so make it unsavory and so unappetizing that little of it is eaten.

Whether we agree with the person who argues that beefsteak is cheap or the one who argues that it is expensive, we must all agree with the one who argues that there are expensive ways of using beefsteaks and cheaper ways.

To begin with, the steak must be cooked to a turn. It should, to be at its best, be broiled. The degree of cooking must depend on the taste of the persons who are to eat it, but it should never be dried up in an effort to make it well done. If a well done steak is desired, it should be broiled over a fire hottest at the beginning of the cooking, and it should be frequently turned.

A BIG STEAK.

There is much so-called waste to steak—fat and gristle and bone. But all of this waste can be made useful. Hence a big steak is an economy, for the left-overs will be enough to be worth working over.

The left-over bits of the tender steak can be put through a meat chopper, and, if the steak is cooked rare, formed into little balls and browned quickly in bacon fat or butter and served for lunch. If the steak is not rare the chopped bits can be mixed with an equal quantity of rice, a little white sauce and plenty of seasoning and then formed into small croquettes, dipped in egg and crumbs and browned.

The bone and gristle should go into the soup pot. If there are other scraps of meat and bones they can all be combined. If there are no others the steak bone and gristle can be put in a pot with a sliced onion, two dried carrots, two stalks of celery (sliced), half a can of tomatoes, half a cupful of rice and three pints of water. This should be simmered until all the flavor is extracted from the bone and the vegetables—about an hour and a half—and then strained for soup.

The tough ends of the steak can be trimmed and cut into dice and stewed tender with a little canned tomato or diced green peppers and water. The stew should be slightly thickened when the meat is very tender.

COAL ECONOMIES

Coal dust mixed with clay makes excellent fire balls.

To make coal last longer dissolve a small handful of washing soda in a gallon of warm water. Then sprinkle this over a hundredweight of coal, using a watering can.

Chalk mixed with coal gives out an intense heat. Lay some pieces at the back of your stove. They soon glow red and keep hot for a long time. For a few cents at a builder's enough chalk could be purchased to last two or three months.

Goos further than green tea—and more refreshing, too.

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Save 25 Labels from

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Eat Mor Bread

WHAT'S WHAT IN THE LATEST

Boudoir caps of gold net, lace and flowers are supplanting those of white lace and ribbon. They are made more on the order of a baby's cap than the "tam" shapes of yesterday. Even those, at times, slightly different affairs, styled breakfast caps, favor the infant cap shape, although the favorite materials for these are embroidery (sometimes plaited) lace and ribbon.

There is a new and endless variety of motor and traveling toilet kits. Usually the newest cases unfold so that they form a perfectly flat surface, with the paraphernalia contained therein so spread out that anything required in it can be easily and quickly obtained. Complete medicine cases also come for the motorist. Many of these are handsome affairs, made of fine leathers, with gold-plated fittings and lined with moire.

One of the newest umbrellas has a pencil fitted in a socket at the top of the handle. This is a great convenience for the woman shopper or the man who is traveling.

A socket-handle parasol has a small-

A NEW TOUCH



On the dancing sandal is a rosebud attached to the first strap.

lug salts or recent bottle tube, absolutely nonspillable, in its handle.

Foot pillows for carriages, automobiles or floors come in various colored velvets with gold lace and brass trimmings. These are oblong in shape, with only the centre left untrimmed.

The beauty-patch box, containing four sizes of patches, comes so that it can be carried separately or fitted into the vanity box. The separate affair is oblong, with a shield for the nose, chin or initial and suspended by chains from a ring that slips over the finger.



The tunic that is long in the back is coming into favor. It is shown in one form in this Doucet model of gray mousseline de sole over rose satin, trimmed with chinilla fur and silver lace.

WOMAN PLAYWRIGHT OF 960

Classic Drama Produced on Stage of

There was produced in London on the 11th and 12th of this month, by the Pioneer Players, a drama written by a nun about the year 960. This nun lived in a Benedictine monastery in Lower Saxony, and her name was Hrosvitha. Miss Terry-Craig translated it, and Miss Ellen Terry was selected to play the part of the Abbess. The longer part, which required a younger actress, was interpreted by Miss Miriam Lives.

The performance was given in the King's Hall, Covent Garden. It is said that the nun who wrote the play was a sort of poet laureate of her age.

A Table Linen Note.
Breakfast or luncheon cloths are now embroidered in colors to match the china used. Some of the gaily flowered sets in use at present suggest an appropriate embroidery design, while the china is an easy model for the woman who can do her own stamping.

This Will Revive A Faded Complexion

Many winter complexion troubles could be avoided if a plain mayonaise lotion were used instead of greasy creams or injurious face powders. This lotion can be made by dissolving an original package of mayonaise in one-half pint witch hazel. Apply after cleansing and drying the skin and rub lightly until it dries and you will be delighted with the result. The mayonaise lotion is especially fine for pimples, blackheads and rough, faded skin, and restores the youth-tint to the faded complexion.—Advertisement.

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wives.

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Adams and Broad.

A SCIENTIFIC WATCH

Calculates Accurately on Twenty-five Graduations.

A watch that calculates with utmost accuracy is one of the most recent mechanical marvels from France. It is known as a pulsation watch, for the reason that it was designed to register accurately the number of pulse beats per minute for the physician. It is graduated for an examination of twenty-five pulsations. The physician can take the patient's pulse in the dark, for he has but to press a release cog at the top of the watch and count twenty-five pulsations on the wrist of his patient and then remove his finger from the release cog. Registered there, far more accurately than any human could calculate, distracted as we humans often are by passing things, are the number of the patient's heartbeats per minute.

It seems marvelous, does it not? And yet, marvelous as it is, it is true.

This watch is invaluable in making psychological tests, in sports and in anything where time calculation is required to the fraction of the second.

APPETIZING DISHES

Every bit of delicious cookery in the world can be improved or spoiled in the serving. Dainty dishes have much to do with dainty service and the shops are full of them now.

One delightful dish is made of glass. There is a lower portion for chopped ice and an upper portion for grapefruit or some other fruit concoction—diced pineapple, mixed fruits or cherries or watermelon balls in their season. These dishes are made in cut glass combined with silver deposit.

The combination cheese and cracker dishes can be put to many uses. The central portion can be occupied by jam or marmalade and the outside portion by toast or wafers. Or small, fancy cakes in paper cases can be put in the centre, and slices of cake in the outside portion. The middle portion can be filled with balls of cream cheese rolled in minced parsley or chopped nuts and the plate can hold bread and butter sandwiches, thin and cut in narrow strips—both to eat with salad.

The various silver sugar holders of the moment are interesting. There is one with a central portion for powdered sugar, an outside portion in which lumps of sugar can be neatly arranged. There is one for lump sugar on a flat dish, with a cream pitcher in the middle. Some are made to hold sugar and spoons for after-dinner coffee.

Tea Gown Chic.
—It is lovely.
—It may be rich.
—Trails are the thing.
—Tulle tunics are added.
—Sash draperies may figure.
The sheer Medici collar is a feature.
—Angel sleeves are among the possibilities.
—Cross-over skirts are among the favorite styles.
—Indeed, since the large waist has come into style it takes an expert to tell a tea gown from a ball dress.

EGGLESS COOKERY

Eggless Frosting.
One cup of sugar and two teaspoonsful of milk. Boil until it will hair on the spoon. Remove from the fire and stir till smooth and white.

Eggless Italian Cake.
One cup of butter, two cups of sugar, two cups of milk, four cups of flour, one cup of chopped raisins, one teaspoonful of vanilla and two teaspoonsful of baking powder. Bake as drop cakes in little tins. Ice top and sides and put a large raisin in the centre.

Eggless Chocolate Ice-cream.
Break two squares of chocolate into bits, then add four table-spoonfuls of milk, four table-spoonfuls of sugar and one-half teaspoonful of butter. Put the chocolate, sugar and milk in a small pan over the top of the tea kettle so that the steam will gradually melt them. When reduced to a smooth paste add the butter and stir thoroughly. Spread while warm.

Eggless Chocolate Icing.
One cupful of sweetened apple sauce, one-half cupful of butter, one cupful of chopped raisins, one teaspoonful of soda, one cupful of sugar, a pinch of salt and spices if desired. Finally stir in one pint of flour.

The soda should be stirred into the apple sauce, the butter and sugar creamed and the salt added. Beat this thoroughly when mixing with the apple sauce. Add raisins and lastly the flour. Bake in a slow oven.

One cup of sugar, one-half cup of molasses, three-quarters of a cup of milk, one-quarter of a cup of coffee infusion, one and one-half cups whole wheat flour, one-half a cup of white flour, four table-spoonfuls of baking powder, one-half a grated nutmeg, one pound of seeded raisins, a teaspoon of salt, one teaspoon of cinnamon, and one-quarter of a teaspoon each of allspice, cloves and mace cut in tiny pieces.

Mix the sugar, molasses, milk and coffee together. Mix and sift dry ingredients, reserving one-quarter of a cup of white flour. Combine the mixture and add the raisins with the remaining flour. Turn into a buttered and floured pan and bake forty minutes.

Household Notes

A fresh mildew spot can be removed with lemon juice and exposure to the sun. If it is an old spot, dissolve a table-spoonful of chloride of lime in four quarts of cold water and soak the fabric.

Blankets should be washed in soap-suds and rinsed thoroughly in cold water, then hung on the line. When nearly dry beat them with a furniture beater. They will be soft and fluffy like new.

"All odors end here" is the inflexible rule of charcoal. If the charcoal is made red-hot and then cooled before using, its virtues are increased. Borax is the best hairbrush cleaner. Add a table-spoonful of borax and a table-spoonful of soda to the water in which the hairbrush is to be washed.

A change the children will appreciate is the baking of mince-meat in tart shape. Simply line patty pans with the pastry and then fill them, covering the top.

Oval-shaped quilt frames of the old-fashioned type are now being brought down from their hiding places and used to frame embroidery. In this manner they make handy trays.

It is an excellent idea to have a guest chest in the guestroom. It should contain emergency things—a nightgown, a bath robe, slippers, soap, wash cloths, even a brand-new toothbrush.

When hot cloths are needed constantly in time of sickness, keep a colander full of them over a kettle half full of boiling water. Keep the kettle covered on the back of the range.

Ask Your Doctor

Ingredients of AYER'S HAIR VIGOR:

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Anything of merit here? Ask your doctor.

Will it stop falling hair? Ask your doctor.

Will it destroy dandruff? Ask your doctor.

Will it color the hair? Ask your doctor.

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A MOIRE BAG



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MENU

Breakfast.	
Baked Apples	Cereal
Corn Bread	Roe Herring
Luncheon.	
Beef and Pimento Hash	Wafers
Lettuce Salad	Tea
Chream Cheese	Cookies
Dinner.	
Cream of Celery Soup	
Pot Roast	Mashed Potatoes
Stuffed Peppers	Cold Slaw
Apple Tarts	Coffee
Cookies (Ginger Nut).	
1 cup molasses	2 teaspoons ginger
1/2 cup soda	1/2 cup flour
1 cup sour milk	1 teaspoon salt
1/2 cup shortening	Nut meats

Add soda to molasses and beat thoroughly with milk, shortening, ginger, salt and flour sufficient to make mixture drop easily from spoon; let stand several hours in a cold place to thoroughly chill; toss one-half mixture at a time on slightly floured board and roll lightly to one-fourth inch in thickness; shape with a round cutter two inches in diameter, first dipped in flour, and place a half English walnut in centre of each. Bake on a buttered sheet.

The Great Trials of History

TRIAL OF THE EARL OF BOTHWELL.

Lord Darnley, the husband of Mary, Queen of Scots, was murdered, and it was supposed by James, Earl of Bothwell, that he was the murderer. He married her cousin, Lord Darnley, who was a big, awkward, stupid fellow, whom Mary grew to despise. It was when affairs were at their worst that Bothwell came on the scene. He had a bold, daring, big on the political horizon. Though of high rank, he was a ruffian adventurer, who had been more than once mixed up in treasonable and other unlawful escapades.

Bothwell helped to stir Mary's dislike for Darnley, and soon afterwards the husband was assassinated. There is no doubt that Bothwell caused his murder or that Mary knew beforehand that the fate of the husband was to be decided by Bothwell. He was clear sailing for Bothwell, and directly after the murder Bothwell planned a master stroke in his game of courtship and statecraft. Bothwell divorced his faithful wife and on May 15, 1567, he and Mary were married.

The Scottish lords hated Bothwell and had no idea of accepting him as ruler. They arose in arms and took Mary away from Bothwell. She escaped to Norway, where she was captured, and he died insane in a Scandinavian prison.

But following the murder of Darnley, and before the marriage, Bothwell was tried for having been the instigator of the death of the King. The indictment read as follows:

"You, James, Earl of Bothwell, are indicted on account of the cruel and horrid murder of the most excellent, most high and most mighty prince the King, committed in the dead of night at his house, near the church of the fields in this city, as he was taking his rest, by treasonably setting fire to a great quantity of gunpowder in the said house, by the violence whereof the whole house was blown up into the air and the King himself by you killed, traitorously and cruelly, wilfully and premeditated felony. And this you did the ninth day of February last past, in the dead of the night as aforesaid, as is notorious, and you cannot deny."

Then the Earl of Bothwell was called before the court to answer to the indictment, he chose as his advocates David Bothwell, of Lutchthill, and Edmund Hay, George, Earl of Caithness, was the chancellor or president of the trial. Many witnesses were examined, but not one of them gave sufficient evidence to support the indictment, whereupon the Earl of Caithness said no one had proved the truth of the accusation, nor as much as any part of it, whereupon the judges declared the prisoner free, as far as they had any knowledge of the fact, with a protestation that this might not be afterwards imputed to them as a fault.

Though the Earl of Bothwell was acquitted, yet, knowing that the world still esteemed him guilty, in order to clear himself further, he set up a paper in the market place stating that "albeit he had been acquitted by law, yet, to make his innocence the more manifest, he was ready to try the same by single combat with any man of honorable birth and reputation, who would prove him of the King's murderer."

This challenge was answered by another placard, set up immediately after in the same place, to the effect that as the same Earl of Bothwell had caused a placard to be set up, signed with his own hand, whereby he challenged any man of quality and of a fair reputation who would and dared say that he was guilty of the death of the King, adding that he who said it or went about to suppose that charge should be forced to retract his words, a gentleman of honor and of good renown accepted his offer and said he would prove by the law of arms that he was the principal author of that horrid murder, of which the judges had rashly acquitted him for fear of death, after so much inquiry had been made into it.

"And whereas the King of France and the Queen of England required, by their ambassadors, that the said murderer might be punished, he also insisted that he was guilty of the death of the Queen, his sovereign lady, that by her consent a time and place may be appointed in their countries to combat the Earl according to their laws of arms, in their presence or in that of

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